



## EMOTIONAL INTELLIGENCE AND TEACHERS

Baishakhi Bhattacharjee

Ph.D. Research Scholar, Department of Education, Tripura University (A Central University).

### ABSTRACT

Education is a constructive process. It is a life - long process that starts from birth and continues till death. According to Dewey Education is the development of all those capacities in the individual which will enable him to control his environment and fulfill his responsibilities. Education is a bipolar process. A school is a miniature society. In educational process teacher plays a vital role. It is found from the research that teacher plays a vital role in the students' educational outcomes (Anderson, 2004). Today's world is becoming more and more faster and competitive. Teachers are becoming one of the vital components of teaching learning process. Teachers are the builders of future citizen of the nation. A teacher is responsible for the whole development of the student. Teachers have to face different situation in the classroom. In such case they not only manage their own emotions but also control the situation of the class. A person who knows and manage his own feelings well and who deals effectively other people feelings- that is emotional intelligence. The only way to manage emotions is emotional intelligence. Therefore, emotional intelligence, of teachers is very important. So this study describes about the importance of emotional intelligence for teachers to become successful in teaching.

**KEYWORDS:** Emotions, Emotional Intelligence, Education, Classroom, Teacher, Student etc.

#### Introduction:

Education plays a very vital role for the development of any society as well as for a nation also. In our education system teacher have great influence to student's outcome. The duty of a teacher is not only to give bookish knowledge to his students but also understand them, handling their emotions in right manner, at the right time in a right way. Teachers also provide guidance to them; bring out the emotional development by proper manner using curricular and co-curricular activities. For that the emotion of teachers also very important. Teacher should also know about their emotions, how to control it. As we know teachers are very important parts of teaching learning process, so their involvement in teaching profession depends on their physical, social, intellectual and most important emotional aspect. A good teacher is a good administrator and a leader also. He has some qualities such as commitment to his job, self- esteem, good behaviour, empathy, temperance.

With the advancement of technology in the 21st century the life has becoming so changing. In this changing environment teachers need to be more innovative in their attitude, flexible in approach. The teacher has his own objectives to enhance the progress of all students. In the school there are different types of students. The teachers have to work hard to reduce classroom indiscipline of students, misbehavior, and also to create good manner and behaviour, morals, discipline among students. Teachers have to work hard for the best performance of students. Teachers' emotions highly effect the students attitude, behaviour, personality, learning and character building etc. Teachers should know how to handle different types of situation, how to manage emotions for desirable changes of their students.

#### Emotional Intelligence:

Emotional Intelligence is now becoming a new concept in recent times. It is becoming a hottest buzz words in educational as well as corporate sector. According to Golman" Emotional Intelligence is the capacity for recognizing our own feelings and those of others for motivating ourselves and managing emotions well in us and also in our relationship. "According to Carmeli (2003). Emotional Intelligence individuals are expected to recognize, manage and use their emotions to eliminate the ensuring obstacles and advance their career horizons better than people with low emotional intelligence. Goleman (1995) identified five elements as components of Emotional Intelligence. These are-

- i) **Self-Awareness:-** Knowing of someone's internal state of reasons, intuitions, and emotions.
- ii) **Self-Regulation:-** Refers to managing and handling impulses. It helps in staying composed, focused, and calm and helps to think in right direction even under pressure.
- iii) **Motivation:-** It helps to achieve goals and also provides the drive to shape our thoughts and actions.
- iv) **Empathy:-** It is the ability to put oneself into another's shoes and look at the things or think from his point of view.
- v) **Social Skill:-** Ability to build up rapport with various sections of society and create networks of people.

Goleman(1995,1996,1998) explained that people who are emotionally adopted- who knows and manage their own feelings well and who read and deal effectively with other people's feelings are at an advantage in any domain of life. He explained that emotionally Intelligence plays an important role at the highest levels of the company.

#### Need of Emotional Intelligence in Teaching:

In educational arena Teachers' emotions highly effect students activities such as personality development, learning. Teacher should know how to manage the emotions of his own as well as also influence the students for desirable changes.

In case of learning Teacher-student active participation is very necessary. Teacher should encourage them. Teacher has a strong emotional bondage with his or her students. Sometimes teachers loose their temperament due to classroom indiscipline, teacher's personal problem or sometimes irritable activities. Sometimes students emotions also hampered by teachers activities.

The personality plays an important role in human development. The emotional teachers show their emotions in the classroom observed by the students. So we can say personality may influence by the emotion. Character formation is a process by which teacher can help a student to built up student's character .If a teacher is good, then his character influence a student to become a good student. Teachers emotion modify the character of a student unwanted emotion will be avoid by the teacher for his students character formation.

#### Objectives:

The objective of the study is to understand the concept of Emotional Intelligence and also to know the relationship of Emotional Intelligence and teachers and also its influence in Teaching Profession.

#### Methodology:

This present study is based on Secondary sources like Books, Articles, Journals, Thesis, University News, Experts Opinion and Web sites etc. The method used is Descriptive Analytical Method.

#### Emotional Intelligence for Prospective Teachers:

A teacher always has a strong emotional bondage with her students. An effective teacher not only be a master of her subject but also can understand her own emotions, control them and also can understand her students well, motivate them as per their needs ,interest. Teaching job involves difficulties with heavy workload and controlling unruly students. This may result a frustration. With the help of emotional Intelligence teachers are able to adjust themselves in a positive mind. They know how to avoid, use emotions in adaptive ways. In school, teachers are involves to provide productive and supportive learning environment. Emotional Intelligence teachers are enthusiastic, active in their work life. An emotional Intelligence teacher learns and applies Emotional Intelligence to improve themselves. Prospective teachers may apply Emotional Intelligence skills to improve -Self-Esteem and confidence by learning Emotional Intelligence skills,. By knowing Stress Management, Anxiety Management, Empathy, Decision making, Time management leadership Emotional Intelligence will help prospective teachers for their teaching for the betterment of the students. Anger Management which will help prospective teachers to improve the ability to control and manage

anger under stressful condition. Managerial competence is related to how to organize learning environment in the class, the ability to work as a team with staffs, It can be possible by developing of Emotional intelligence during Teaching period.

The concept of Emotional Intelligence must be included in Teacher Education curriculum. Prospective Teachers should get training, seminar, workshop, refresher courses should be organized to develop Emotional Intelligence for Prospective Teachers, as well as in service Teacher and Teacher educators.

**Role of Emotional Intelligence in Teaching:**

In teaching Emotional Intelligence plays a vital role. There are different areas where Emotional Intelligence plays important role.

Emotional intelligence domains are aware of own emotions, managing own emotions, motivating oneself, Empathy for others, handling relations. Emotional intelligence helps teachers during teaching process to understand the emotions of students and engage them. Teacher is the only person who is facing emotional competence and wants to maintain emotional balance of students. The teachers should understand themselves first to develop Emotional Intelligence and to find out the solution of any problem, recognizing and managing own emotions .If the teacher is balance in his emotions then the students are interested in teaching. Students are very much attached with the teacher who is lovable with them. The teacher who knows the secret of feeling happy will achieve their goal regarding students' achievement. This can be happen by a emotional intelligent teacher not by a emotional teacher.

**Conclusion:**

The role of emotional Intelligence is very important for every person. Emotional Intelligence of teachers can improve the achievement of students. A person whose Emotional Intelligence is high can manage himself and also develop a stable understandable relationship with others. To develop Emotional Intelligence of teachers, it is important to prepare them by in-service and pre service teacher training program. This Emotional Intelligence concept is still relatively new in teaching profession. Developing Emotional Intelligence skills of teachers through different program will help them to work for their students in a more effective manner and also serve as important facilitator, role model of the students. So we can say that to develop emotional skill it requires effort, time, motivation, social skill, empathy, and practice. To achieve the goal of education in this 21st century Emotional Intelligence is very much needed .For the development of emotional intelligence skills of teachers emotional intelligence program should be included in teacher training program.

**REFERENCES:**

1. Aggarwal, J.C “Landmark in the History of Modern Indian Education,” Vikas Publishing House Pvt. Ltd. New Delhi.
2. Anderson,L.W .(200\$) ,Increasing Teacher Effectiveness.(2nd edition) Paris : UNESCO,IIEP.
3. Banerjee, J.P “Education in India Past: present : future”, Ki central Library Calcutta 2008
4. Bellingham, J. “Academic of Dictionary of Education”- Academic (India) Publishers.
5. Bhatia & Bhatia, “A Book of Education for beginners,” Kalyani publishers, New Delhi, 2012.
6. Carmeli,A.(2003).The relationship between emotional intelligence and work attitudes, behaviour and outcomes.journal of managerial Psychology, 18(8).788-813.
7. Goleman, D. (1998) . Working with emotional intelligence .New York : Bantam Books.
8. Singh,D “Emotional Intelligence at work” ,Sage Publications Pvt. Ltd. ,New Delhi.
9. Mandal,S.K & Mandal,S. ” Emotional Intelligence”PHI Learning Pvt.Ltd.New Delhi.
10. Srinivasan, P.(2012).Practicing Emotional Intelligence, New Delhi : Neelkamal Publication.